

RSHE Long Term Plan – 2 Year Rolling Programme

Lesson coverage each week:

- 1 Lesson – Relationships - Orange
- 1 Lesson – Health – Green
- 1 Lesson – E-safety – Red
- 1 Lesson – Mental wellbeing - Blue
- 1 Lesson – RSE – Purple

Codes for links to Primary Maps:

- PR = Relationships
- PH = Health
- PE = E-Safety
- PM = Mental Wellbeing
- PRS = RSE

Codes for links to Secondary Maps

- SR = Relationships
- SH = Health
- SE = E-Safety
- SM = Mental Wellbeing
- SRS = RSE

Resources can be found in J:\Curriculum\CURRICULUM 2014\PSHE\RSHE Resources or sourced from the PSHE Subject leaders

Year B

	Autumn B	Spring B	Summer B
Relationships	<u>Relationships & Celebrations</u> PR.1 Diverse families PR.2 Weddings & relationships PR.3 Special people PR.4 Emotions PR.16 Gender stereotypes <u>Secondary</u> SR.4 Discrimination SR.5 Cultural diversity SR.6 Human rights SR.7 Changing friendships SR.8 Identity & orientation SRS.8 Marriage	<u>Friendships, Disagreements & Being Yourself</u> PR.1/PR.8 Healthy friendships PR.4 Resolving disagreements PR.7/PR.15 Assertiveness PR.10 Identity & differences PR.11/PR.12 Group cooperation <u>Secondary</u> SR.1 Managing conflict SR.2 Challenging peer pressure SR.5 Differences & similarities SR.7 Supporting peers SR.11 Unsafe behaviour	<u>Keeping Safe & Looking Forward</u> PR.6 Trust PR.5 Secrets PR.9 Online safety PR.13 Community groups PR.14 Jobs & aspirations <u>Secondary</u> SR.6 Rights & law SR.9 Knife-crime awareness SR.10 Reporting concerns SR.11 Stalking/harassment SR.12 Grooming/exploitation
Health	<u>Diet, Eating Habits & Oral Health</u> PH.1 Diet PH.2 Food groups PH.16 Food wellbeing PH.3/ PH.17 Oral hygiene <u>Secondary</u> SH.10 Healthy eating SH.11 Weight risks SH.17 Oral health	<u>Medicines, Drugs & Keeping Safe</u> PH.8 Meds PH.9 Substances PH.14 Seeking help PH.15 Vaccines <u>Secondary</u> SH.1 Laws SH.3 Pressure SH.12 Medicine misuse SH.13 Illegal substances SH.16 Drink spiking	<u>Independence, Travel & Safety Skills</u> PH.11 Emergency help PH.12 Travel PH.13 Transport routines <u>Secondary</u> SH.7 Reporting SH.20 Independent safety SH.21 Fire safety

E-safety	<u>Media Literacy, Misinformation & AI Safety</u> PE.2 Fake news; checking info PE.3 Choosing reliable search results PE.7 AI content & edited media <u>Secondary</u> SE.4 Targeted content; verifying sources SE.5 Fake news, clickbait, conspiracy theories SE.6 Deep fakes & impersonation risks	<u>Online Relationships, Boundaries & Reputation</u> PE.4 Social media rules; digital footprint PE.5 Online vs real friendships PE.6 Respectful/disrespectful behaviours online <u>Secondary</u> SE.1 Safe sharing; protecting personal info SE.2 Managing online requests SE.7 Pressure to view harmful content SE.10 Harassment & controlling behaviour	<u>Risky Online Behaviour, Harmful Content & Safety</u> PE.2 Why people pretend online PE.3 Responding to inappropriate content PE.9 Scams; reporting concerns <u>Secondary</u> SE.11 Harmful content & algorithms SE.12 Illegal online content SE.13 Violent/misogynistic content SE.14 Reporting harmful content
Mental wellbeing	<u>Loss, Change & Grief</u> PM.8 Loss PM.9 Grief responses <u>Secondary</u> SM.1 Support organisations SM.6 Grief/bereavement support	<u>Strengths, Aspirations & Identity</u> PM.3 Emotional impact on others PM.6 Strengths/talents <u>Secondary</u> SM.2 Self-esteem & media influence SM.3 Targets/goals SM.4 Future aspirations	<u>Decision-Making, Safety & Managing Pressure</u> PM.3 Safe responses PM.4 Recognising unkind behaviour <u>Secondary</u> SM.3 Resisting pressure SM.5 Gambling influences SM.7 Unsafe behaviour awareness
RSE	<u>Puberty, Body Changes & Health</u> PRS.1 Life cycles PRS.2 Body parts PRS.3 Puberty <u>Secondary</u> SRS.1 Reproduction SRS.28 Puberty detail SRS.27/SRS.29 Menstruation SRS.30 Changes SRS.31 Pregnancy	<u>Intimate Relationships, Attraction & Identity</u> PRS.4 Body boundaries PRS.5 Safe adults <u>Secondary</u> SRS.5 Liking/fancying SRS.6 Sexuality/identity SRS.7 Romantic relationships SRS.12 Sexual activity	<u>Sexual Health, Safety & Support</u> PRS.4 Safety PRS.5 Telling adults <u>Secondary</u> SRS.13 Contraception SRS.14 Sexual health services SRS.18 Getting help SRS.22 Coercive control SRS.23/SRS.24 Harassment SRS.25 Sextortion SRS.26 Strangulation